



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09357, Apricots, canned, heavy syrup, drained

Report Date: July 01, 2017 13:04 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor: 3.36

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 cup, halves 219g | 1 cup, whole 182g |
|--------------------------------|------|------------------------|----------------|------------|-----------------------|----------------------|
| Proximates | | | | | | |
| Water | g | 77.56 | -- | -- | 169.86 | 141.16 |
| Energy | kcal | 83 | -- | -- | 182 | 151 |
| Energy | kJ | 347 | -- | -- | 760 | 632 |
| Protein | g | 0.64 | -- | -- | 1.40 | 1.16 |
| Total lipid (fat) | g | 0.11 | -- | -- | 0.24 | 0.20 |
| Ash | g | 0.38 | -- | -- | 0.83 | 0.69 |
| Carbohydrate, by difference | g | 21.31 | -- | -- | 46.67 | 38.78 |
| Fiber, total dietary | g | 2.7 | -- | -- | 5.9 | 4.9 |
| Sugars, total | g | 18.65 | -- | -- | 40.84 | 33.94 |
| Minerals | | | | | | |
| Calcium, Ca | mg | 10 | -- | -- | 22 | 18 |
| Iron, Fe | mg | 0.30 | -- | -- | 0.66 | 0.55 |
| Magnesium, Mg | mg | 7 | -- | -- | 15 | 13 |
| Phosphorus, P | mg | 13 | -- | -- | 28 | 24 |
| Potassium, K | mg | 143 | -- | -- | 313 | 260 |
| Sodium, Na | mg | 4 | -- | -- | 9 | 7 |
| Zinc, Zn | mg | 0.11 | -- | -- | 0.24 | 0.20 |
| Copper, Cu | mg | 0.097 | -- | -- | 0.212 | 0.177 |
| Selenium, Se | µg | 0.1 | -- | -- | 0.2 | 0.2 |
| Vitamins | | | | | | |
| Vitamin C, total ascorbic acid | mg | 3.1 | -- | -- | 6.8 | 5.6 |
| Thiamin | mg | 0.021 | -- | -- | 0.046 | 0.038 |

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|-------------------------------------|------|------------------|-------------|------------|--------------------|-------------------|
| Riboflavin | mg | 0.024 | -- | -- | 0.053 | 0.044 |
| Niacin | mg | 0.376 | -- | -- | 0.823 | 0.684 |
| Vitamin B-6 | mg | 0.055 | -- | -- | 0.120 | 0.100 |
| Folate, total | µg | 2 | -- | -- | 4 | 4 |
| Folic acid | µg | 0 | -- | -- | 0 | 0 |
| Folate, food | µg | 2 | -- | -- | 4 | 4 |
| Folate, DFE | µg | 2 | -- | -- | 4 | 4 |
| Choline, total | mg | 2.8 | -- | -- | 6.1 | 5.1 |
| Vitamin B-12 | µg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 146 | -- | -- | 320 | 266 |
| Retinol | µg | 0 | -- | -- | 0 | 0 |
| Carotene, beta ^{1 2 3 4 5} | µg | 1746 | 8 | 513.667 | 3824 | 3178 |
| Carotene, alpha ^{4 5} | µg | 0 | 2 | -- | 0 | 0 |
| Cryptoxanthin, beta ^{4 5} | µg | 16 | 2 | -- | 35 | 29 |
| Vitamin A, IU | IU | 2924 | -- | -- | 6404 | 5322 |
| Lycopene | µg | 0 | -- | -- | 0 | 0 |
| Lutein + zeaxanthin ^{4 5} | µg | 39 | 2 | -- | 85 | 71 |
| Vitamin E (alpha-tocopherol) | mg | 0.89 | -- | -- | 1.95 | 1.62 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0.0 | 0.0 |
| Vitamin D | IU | 0 | -- | -- | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 3.3 | -- | -- | 7.2 | 6.0 |
| Lipids | | | | | | |
| Fatty acids, total saturated | g | 0.007 | -- | -- | 0.015 | 0.013 |
| 4:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 6:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 8:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 10:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 12:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 14:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 16:0 | g | 0.007 | -- | -- | 0.015 | 0.013 |
| 18:0 | g | 0.001 | -- | -- | 0.002 | 0.002 |

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|------------------------------------|------|------------------------|----------------|------------|-----------------------|----------------------|
| Fatty acids, total monounsaturated | g | 0.045 | -- | -- | 0.099 | 0.082 |
| 16:1 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 18:1 undifferentiated | g | 0.045 | -- | -- | 0.099 | 0.082 |
| 20:1 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.021 | -- | -- | 0.046 | 0.038 |
| 18:2 undifferentiated | g | 0.021 | -- | -- | 0.046 | 0.038 |
| 18:3 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 18:4 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Fatty acids, total trans | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Cholesterol | mg | 0 | -- | -- | 0 | 0 |
| Amino Acids | | | | | | |
| Other | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 | 0 |
| Theobromine | mg | 0 | -- | -- | 0 | 0 |

Sources of Data

¹F W Quackenbush Reverse phase HPLC separation of cis- and trans-carotenoids and its application to beta-carotenes in food materials, 1987 J Liq Chrom 10 pp.643-653

²J P Sweeney, A C Marsh Effect of processing on provitamin A in vegetables, 1971 J Am Diet Assoc 59 pp.238-243

³T Philip, T S Chen Development of a method for the quantitative estimation of provitamin A carotenoids in some fruits., 1988 J. Food Science 53 pp.1703-1707

⁴J.M. Heinonen, V. Ollilainen, E. Linkola, P. Varo, P. Koivistoinen Carotenoids in Finnish Foods: Vegetables, Fruits, and Berries, 1989 Journal of Agriculture and Food Chemistry 37 pp.655-659

⁵D.J. Hart, K.J. Scott Development and evaluation of an HPLC method for the analysis of carotenoids in foods, and the measurement of the carotenoid content of vegetables and fruits commonly consumed in the UK, 1995 Food Chemistry 54 pp.101-111